

Historic, Archive Document

Do not assume content reflects current scientific knowledge, policies, or practices.

ATx 341

IFB



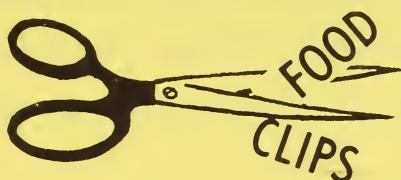
Food and Home Notes

UNITED STATES DEPARTMENT OF AGRICULTURE
OFFICE OF COMMUNICATION WASHINGTON, D. C.

Vol. 32

September 15, 1975

No. 36



In This Issue:

- 1 - Anti-Pollution Plan
- 2 - U.S.D.A. Grades
- 3 - Cost of Food At Home (July Update)
- 4 - Looking to the Future

Wheat flour contains gluten--which helps to give a structural framework when baking breads and cakes. Other flours contain little or no gluten and therefore are generally used in combinations with wheat flour.

* * *

Yes, potato flour is made from cooked potatoes--potato starch from raw potatoes.

* * *

What is tapioca flour? It is the starch made from the fleshy root of the manioc or cassava plant.

* * *

If you need a gluten free recipe--follow ones using only corn, potato, rice, soy and tapica flours.

* * *

Most baking powders contain cornstarch and some contain egg white, most margarines contain milk solids, and many shortenings contain a mixture of vegetable fats, according to USDA home economists.

ANTI-POLLUTION METHODS

--SOUGHT BY USDA

Many of the programs and activities of the Veterinary Services of the Animal and Plant Health Inspection Services (APHIS) of U.S. Department of Agriculture include the use of insecticides and disinfectants. New methods are now being sought to reduce the pollution from these causes.

Evaluation of the programs will include monitoring the use and disposal of pesticides and disinfectants and their containers. This will include a study of safety factors for personnel, animals and the environment.

An environmental quality officer will access the effects of this new service upon the environment, and survey the non-program use of pesticides and disinfectants at stockyards and markets.

USDA 2519-75

USDA GRADING SERVICES -- AND YOU

What does the U.S.D.A. grade mean? The USDA Choice or U.S. Grade A shields you find on beef and eggs mean that these products were officially graded by the Agricultural Marketing Service (AMS) of the U.S. Department of Agriculture.

AMS provides official grading services--often cooperatively with State departments of agriculture--for a wide variety of foods and farm products. And much of the food you buy in the grocery store was officially graded somewhere along the line between the farmer and you.

But you won't find a large number of foods carrying the shield-shaped symbol. So how do the grading services help you? Well, for one thing, retail stores order foods that they believe will please their customers--and to get the quality they believe you want, they often order officially graded products.

Another way that grading helps you is by making the whole marketing process more efficient and less costly. A third-party impartial evaluation of quality is a necessity in the trading of perishable foods and particularly for trading across a nation that spans 3,000 miles.

Grading services are voluntary, not required by Federal law. Packers or processors who want their products graded must make application, meet the sanitary and operating requirements to be approved for the service, and then pay a fee to cover the costs.

Officially graded foods do not necessarily carry the USDA grade shield--it's not required. But when you do see the shield, you know that the food carrying it was graded under the supervision of a federal grader. The foods on which you are most likely to see the shield include beef, lamb, turkey, chicken, duck, eggs, and butter. The shield is used less often on canned and frozen fruits and vegetables, veal, calf, cheddar cheese, instant nonfat dry milk and--rarely--on fresh fruits and vegetables.

COST OF FOOD AT HOME FOR A WEEK (July)

	<u>Low-Cost Plan</u>	<u>Moderate-Cost Plan</u>	<u>Liberal Plan</u>
Families			
Young couple.....	\$29.60	\$37.30	\$44.80
Elderly couple.....	26.20	32.70	39.20
Family of 4 with preschool children.....	41.40	52.00	62.40
Family of 4 with elementary school children.....	50.20	63.20	75.90
Individuals*			
Women			
20-54 years.....	12.00	15.00	17.90
55 years and over.....	10.70	13.30	15.90
Men			
20-54 years.....	14.90	18.90	22.80
55 years and over.....	13.10	16.40	19.70
Children			
1-2 years.....	6.60	8.20	9.80
3-5 years.....	7.90	9.90	11.90
6-8 years.....	10.30	13.00	15.60
9-11 years.....	13.00	16.30	19.60
Girls 12-19 years.....	12.30	15.30	18.30
Boys 12-14 years.....	13.80	17.30	20.80
15-19 years.....	15.30	19.20	23.20

* Food cost for any family can be figured by totaling costs shown in table for individuals of sex and age of various members of the family as follows:

- o For those eating all meals at home (or carrying some meals from home), use amounts shown.
- o For those eating some meals out, deduct 5 percent from amount in table for each meal not eaten at home. Thus, for a person eating lunch out 5 days a week, subtract 25 percent or one-fourth the cost shown.
- o For guests, include for each meal eaten, 5 percent of amount shown in table for the proper age group.

Next, adjust the total figure if more or fewer than four people generally eat at the family table. Costs shown are for individuals in 4-person families. Adjustment is necessary because larger families tend to buy and use foods more economically than smaller ones. Thus, for a 1-person family, add 20 percent; 2 persons, add 10 percent; 3, add 5 percent; 4, use as is; 5, subtract 5 percent; 6 or more, subtract 10 percent.

Note: Single copies of a paper describing the 1974 USDA food plans, on which these costs are based, are available from the Consumer and Food Economics Institute, Agricultural Research Service, USDA, Hyattsville, Md. 20782.

NOT YESTERDAY, AND NOT TOMORROW

--- BUT 200 YEARS FROM NOW?

The plow, symbol of agriculture during America's first 200 years, will gradually be retired, according to Don Paarlberg, USDA's director of agricultural economics, whose ideas on what U.S. agriculture will be two centuries from now provide provoking thoughts.

Thoughts concerning the familiar old plow include rediscovery of the idea of the Indians who -- when they first saw a plowed field, commented "wrong side up." Wind and water erosion damage caused by the plow is incalculable but we will learn to utilize minimum tillage to grow crops and control weeds with biodegradable chemicals, Dr. Paarlberg predicts.

A few of the other things that might happen:

Higher protein content in cereal grains and other crops...hybridization of more crops, including wide crosses like triticale...improved soil management techniques... control of the tsetse fly (which would allow Africa to open up vast areas of idle land for farming) and successful long range weather forecasting, possibly even weather modification.

The desalination of sea water that will allow human habitation and agricultural production on lands now unused...conquest of the fuel problem possibly via nuclear energy...greater environmental control for both plants and animals...and advances in food technology, especially in using plant protein as meat analogs. And... advances in family planning will mean that population growth will not be a factor-- so, that population won't multiply faster than the world's ability to feed itself.

For the first 200 years, it appears, that, we flocked to the city -- but, the next 200 years may see people looking to the country for a place to live.

NOTE: Additional information for the MEDIA and photographs (when applicable) may be obtained from: Shirley Wagener, Editor of Food and Home Notes, Room 535-A, Office of Communication/Press Division, U.S. Department of Agriculture, Washington, D.C. 20250. Or telephone 202-447-5898.
